



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 35171, Fish, salmon, chum, dried (Alaska Native)**

**Report Date: July 16, 2017 02:44 EDT**

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water <a href="#">1</a> <a href="#">2</a>	g	22.79	2	--
Energy	kcal	378	--	--
Energy	kJ	1581	--	--
Protein <a href="#">1</a> <a href="#">2</a>	g	62.09	2	--
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	14.38	2	--
Ash <a href="#">1</a> <a href="#">2</a>	g	3.69	2	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
<b>Minerals</b>				
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	155	2	--
Iron, Fe <a href="#">1</a> <a href="#">2</a>	mg	2.20	2	--
Magnesium, Mg <a href="#">1</a> <a href="#">2</a>	mg	68	2	--
Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	650	2	--
Potassium, K <a href="#">1</a> <a href="#">2</a>	mg	910	2	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na <a href="#">1</a> <a href="#">2</a>	mg	190	2	--
Zinc, Zn <a href="#">1</a> <a href="#">2</a>	mg	1.40	2	--
Copper, Cu <a href="#">1</a> <a href="#">2</a>	mg	0.254	2	--
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	0.071	2	--
Selenium, Se <a href="#">1</a> <a href="#">2</a>	µg	103.8	2	--
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.356	2	--
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.463	2	--
Niacin <a href="#">1</a> <a href="#">2</a>	mg	14.650	2	--
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	2.760	2	--
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.681	2	--
Folate, total <a href="#">1</a> <a href="#">2</a>	µg	12	2	--
Folic acid	µg	0	1	--
Folate, food <a href="#">1</a> <a href="#">2</a>	µg	12	2	--
Folate, DFE	µg	12	--	--
Choline, total <a href="#">2</a> <a href="#">3</a>	mg	231.2	--	--
Betaine <a href="#">2</a> <a href="#">3</a>	mg	10.6	2	--
Vitamin B-12 <a href="#">1</a> <a href="#">2</a>	µg	28.60	2	--
Vitamin A, RAE	µg	16	--	--
Retinol <a href="#">1</a>	µg	16	1	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	53	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a>	mg	0.82	2	--
Tocopherol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.00	2	--
Tocopherol, gamma <a href="#">1</a> <a href="#">2</a>	mg	0.05	2	--
Tocopherol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.00	2	--
Vitamin K (phylloquinone) <a href="#">1</a> <a href="#">2</a>	µg	0.0	2	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Lipids</b>				
Fatty acids, total saturated	g	2.395	--	--
8:0 <sup>1</sup> <sub>2</sub>	g	0.000	2	--
10:0 <sup>1</sup> <sub>2</sub>	g	0.000	2	--
12:0 <sup>1</sup> <sub>2</sub>	g	0.040	2	--
14:0 <sup>1</sup> <sub>2</sub>	g	0.675	2	--
15:0 <sup>1</sup> <sub>2</sub>	g	0.040	2	--
16:0 <sup>1</sup> <sub>2</sub>	g	1.185	2	--
17:0 <sup>1</sup> <sub>2</sub>	g	0.110	2	--
18:0 <sup>1</sup> <sub>2</sub>	g	0.345	2	--
20:0 <sup>1</sup> <sub>2</sub>	g	0.000	2	--
22:0 <sup>1</sup> <sub>2</sub>	g	0.000	2	--
24:0 <sup>1</sup> <sub>2</sub>	g	0.000	2	--
Fatty acids, total monounsaturated	g	5.139	--	--
14:1 <sup>1</sup> <sub>2</sub>	g	0.000	2	--
15:1 <sup>1</sup> <sub>2</sub>	g	0.000	2	--
16:1 undifferentiated <sup>1</sup> <sub>2</sub>	g	0.480	2	--
17:1 <sup>1</sup> <sub>2</sub>	g	0.004	2	--
18:1 undifferentiated <sup>1</sup> <sub>2</sub>	g	1.990	2	--
20:1 <sup>1</sup> <sub>2</sub>	g	1.405	2	--
22:1 undifferentiated <sup>1</sup> <sub>2</sub>	g	1.230	2	--
24:1 c <sup>1</sup> <sub>2</sub>	g	0.030	2	--
Fatty acids, total polyunsaturated	g	2.323	--	--
18:2 undifferentiated <sup>1</sup> <sub>2</sub>	g	0.125	2	--
18:3 undifferentiated <sup>1</sup> <sub>2</sub>	g	0.115	2	--
18:4 <sup>1</sup> <sub>2</sub>	g	0.135	2	--
20:2 n-6 c,c <sup>1</sup> <sub>2</sub>	g	0.025	2	--
20:3 undifferentiated <sup>1</sup> <sub>2</sub>	g	0.010	2	--
20:4 undifferentiated <sup>1</sup> <sub>2</sub>	g	0.115	2	--
20:5 n-3 (EPA) <sup>1</sup> <sub>2</sub>	g	0.610	2	--
21:5 <sup>1</sup> <sub>2</sub>	g	0.020	2	--
22:4 <sup>1</sup> <sub>2</sub>	g	0.004	2	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
22:5 n-3 (DPA) <sup>1,2</sup>	g	0.215	2	--
22:6 n-3 (DHA) <sup>1,2</sup>	g	0.950	2	--
Cholesterol <sup>1,2</sup>	mg	214	2	--
<b>Amino Acids</b>				
<b>Other</b>				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8g, 2004 Beltsville MD